



Iowa Governor's Council on Physical Fitness & Nutrition

EXERCISE #1 LATERAL SPINAL FLEXION (LATERAL SIDE BEND)

Cadence: Slow 4 Counts

Starting Position

Feet hip width apart, toes pointing forward, arms hanging at sides.



Count 3

Keep hips level, bend to right moving bottom of rib cage towards waist.



Count 1

Keep hips level, bend to left moving bottom of rib cage towards waist.



Count 4

Using opposite side, lift rib cage back to Starting Position.



Count 2

Using opposite side, lift rib cage back to Starting Position.



Exercise #1 LATERAL SPINAL FLEXION

Purpose: To strengthen the lateral spinal flexors without additional spinal rotation

Common uses for emphasized muscles in daily activity: Reaching down to pick something up or bending to the side.

Muscular Emphasis: Internal Obliques

Primary Muscle Mover(s): Internal Obliques to laterally flex the spine

Secondary Muscle Mover(s): Erector Spinae

Muscle Stabilizers: Shoulder girdle stabilizers to maintain scapulae in neutral, Transverse abdominis to compress abdomen and stabilize lumbo-pelvic region

Postural Landmarks:

- Hips, knees and feet stay in alignment
- Maintain scapular stabilization throughout. Do not allow one shoulder to be pulled closer to the ear
- Pelvis stays square to the front
- Avoid shift of weight from one knee to another.

Anatomy:

Internal Oblique

Internal oblique muscles originate on the anterior iliac crest (front of the pelvis) and insert along the lower 4 ribs. If you cross your arms over your abdomen with your hands inserted into your front pockets, your fingertips will assume the direction of these fibers. Internal oblique muscles are responsible for flexion of the spine on the same-side. <http://www.exrx.net/Muscles/Obliques.html> (this is for both external and internal obliques)

Erector Spinae

Erector Spinae has attachments throughout the spinal column running the full length of the posterior ribs from the skull, cervical and thoracic spine to the posterior pelvis. The erector spinae muscles work unilaterally to laterally flex the spine. <http://www.exrx.net/Muscles/ErectorSpinae.html>